

BACHELOR OF SCIENCE IN HEALTH EDUCATION

The Bachelor of Science in Health Education is designed to facilitate voluntary changes in individual health behaviors as well as to advocate for social and economic policies which lead to health promotion and disease prevention for all. This program prepares individuals to work as public health professionals at individual, community and structural levels for health equity and social justice. The program provides a participatory learning environment that integrates theory, research, and practice, honors diversity through a cultural humility lens, and fosters collaboration, critical thinking and communication skills.

The coursework and field experience in health education have three primary objectives:

1. to provide a theoretical and philosophical foundation in principles of community health education;
2. to facilitate the development of professional skills in program planning, implementation, and evaluation; and
3. to offer broad coursework in personal, community, and school health. Students are also expected to complete coursework in biological, social, and behavioral sciences.

The Bachelor of Science in Health Education requires 11 units of prerequisites, 42 core units, and 9-12 elective units. The program curriculum is designed in four-semester tiers, where the content, knowledge, and skills required for students are scaffolded both within the courses offered in that semester and sequential semester.

Emphasis Elective Area (9 units)

Community-based Public Health (9 units)

An approach that unites the community by organizing, empowering, and participating in shared-leadership partnerships for health. This emphasis gives students the freedom to choose electives from their particular health-related area of interest. Students design programs rooted in the values, experiences, knowledge, and interests of the community itself.

Holistic Health Studies (12 units)

Explores diverse cultural, historical, and interdisciplinary concepts and practices from around the world, providing students with a deeper understanding of health, healing, and optimal well-being. A holistic perspective informs course content, recognizing the fundamental interdependence of life on this planet. Experiential learning is an essential component of the curriculum.

School Health (12 units)

Fills the need created by recent increases in demand for credentialed teachers in public schools. The emphasis provides essential course work that satisfies the newly developed California State Standards in Health Science. Upon graduation, students will be ready to enter the teaching credential program with virtually all course work in the single subject program completed.

The following foundation courses or their equivalents must be completed prior to graduation. While it is not mandatory to complete the foundation courses before taking the core courses, individuals are encouraged to work toward completion of foundation courses prior to their junior year. Students entering from the community college system, or other four-year universities, should have their transcripts evaluated by a department advisor to receive credit for equivalent courses taken elsewhere. To

determine whether courses taken at another college or university may be accepted as foundation courses, individuals should seek the assistance of an advisor in the Department of Health Education. Some foundation courses may be counted for SF State general education credit; a health education advisor will help determine this. Effective Fall 2008, undergraduates who are first-time college students may satisfy the GVAR (Graduation Writing Assessment Requirement) by earning a C or better in a GVAR-designated course.¹ The Health Education GVAR course is [H ED 400GW](#). For undergraduates who are first-time college students prior to Fall 2008, this requirement can be met by passing [ENG 414](#), [ENG 410](#) or [ENG 411](#). Students must pass [ENG 414/ENG 410/ENG 411](#) before enrolling in [H ED 431](#).

¹ Students who have satisfied GVAR in a discipline other than Health Education are still required to complete [H ED 400GW](#) of the major.

Health Education (B.S.) – 62-65 units

All courses in the major must be completed for a letter grade.

Foundation Courses for the Major (11 units)

Courses taken prior or concurrently with major courses:

Code	Title	Units
BIOL 100	Human Biology	3
BIOL 101	Human Biology Laboratory	1
BIOL 210	General Microbiology and Public Health	3
BIOL 211	General Microbiology and Public Health Laboratory	1
MATH 124	Elementary Statistics (another course may be substituted on advisement)	3
or ISED 160	Data Analysis in Education	

Required Courses (42 units)

Sequenced Courses

Must be taken in sequential order, except [H ED 400GW](#), [H ED 405](#), and [H ED 425](#) which must be taken concurrently.

Code	Title	Units
H ED 400GW	Community Assessment in Public Health - GVAR ¹	3
H ED 405	Introduction to Community/Public Health	3
H ED 425	Introduction to Research and Statistics in Health ¹	3
H ED 430	Community Health Education Theory ¹	3
H ED 431	Program Planning, Implementation, and Evaluation ¹	3
H ED 480	Fieldwork and Reflective Seminar ¹	9

¹ Must be completed with a grade of C or better

Non-Sequenced Courses

Code	Title	Units
Select one of the following:		
H ED 210	Personal and Social Determinants of Health	3
H ED/HH 290	Promoting Positive Health	
HH 205	Relaxation and Stress Reduction	
HH 380	Holistic Health: Western Perspectives	
H ED 410	Organization and Function of Health Services	3
or H ED 450	Policy Issues in Health Education	
H ED 420	Epidemiology	3

<u>H ED 455</u>	Community Organizing and Community Building for Health	3
<u>H ED 520</u>	Structural Oppression and Social Foundations of Health	3
<u>H ED 655</u>	Environmental Health	3

Emphasis (9-12 units)

Courses taken for core requirements cannot double count as electives. Units selected from one of the emphases listed below:

Community-Based Public Health Emphasis (9 units)

Units selected from the following on advisement (one course must have an H ED prefix):

Code	Title	Units
<u>AA S 591</u>	Asian American Community Health Issues	3
<u>AFRS 370</u>	Health, Medicine, and Nutrition in the Black Community	3
<u>ANTH 630</u>	Medical Anthropology	3
<u>BIOL 326</u>	Disease!	3
<u>BIOL 327</u>	AIDS: Biology of the Modern Epidemic	3
<u>BIOL 332</u>	Health Disparities in Cancer	3
<u>H ED 100</u>	Public Health Biology	3
<u>H ED 200</u>	Global Health	3
<u>H ED 210</u>	Personal and Social Determinants of Health	3
<u>H ED 221</u>	Health and Social Justice - Burning Issues, Taking Action	3
<u>H ED 241</u>	Health and Social Movements in the United States in the 20th Century	3
<u>H ED/COUN 280</u>	Empowering Poor Families to Graduate Out of Poverty	3
<u>H ED/HH 290</u>	Promoting Positive Health	3
<u>H ED 303</u>	Health Disparities and Sexual and Gender Minority Communities: LGBTQI Health	3
<u>H ED 305</u>	Critical History of Public Health in the United States	3
<u>H ED 315</u>	Drugs and Society	3
<u>H ED 320</u>	Contemporary Sexuality	3
<u>H ED 414</u>	Women's Health - Problems and Issues	3
<u>H ED 415</u>	Health Aspects of Aging	3
<u>H ED 417</u>	AIDS: Contemporary Health Crisis	3
<u>H ED/GEOG 434</u>	Geographies of Health and Health Care	3
<u>H ED 450</u>	Policy Issues in Health Education	3
<u>H ED 630</u>	Elementary School Health	3
<u>H ED 635</u>	Secondary School Health	1
<u>H ED 640</u>	Structural Inequities and Public Health	3
<u>H ED 650</u>	Training and Education Processes in Public Health	3
<u>H ED 670</u>	Principles of Peer Health Education	3
<u>H ED 671</u>	Practice of Peer Health Education	3
<u>H ED 685</u>	Projects in the Teaching of Health Education	1-4
<u>H ED 699</u>	Independent Study	1-3
<u>HH 205</u>	Relaxation and Stress Reduction	3
<u>HH 380</u>	Holistic Health: Western Perspectives	3
<u>HH 381</u>	Holistic Health: Eastern Perspectives	3

<u>HH 382</u>	Holistic Health: Human Nature and Global Perspectives	3
<u>HH 430</u>	Biofeedback: Mind-Body Connection and Self-Regulation	3
<u>HH 435</u>	Autogenic Training and Embodied Living	3
<u>HH 540</u>	Meditation and Imagery in Healing	3
<u>HH 690</u>	Seminar: Psychophysiology of Healing	3
<u>LTNS 210</u>	Latina/Latino Health Care Perspectives	3
<u>PHIL 383</u>	Ethics in Medicine	3
<u>PSY 442</u>	Health Psychology	3
<u>PSY 465</u>	The Psychology of Work-Life Stress	3
<u>WGS 593</u>	Gender, Health, and the Environment	3

School Health Emphasis (12 units)

Units selected from the following on advisement:

Code	Title	Units
<u>DFM 253</u>		3
<u>CFS 355</u>		3
<u>CFS 453</u>		3
<u>H ED 210</u>	Personal and Social Determinants of Health	3
<u>H ED 315</u>	Drugs and Society	3
<u>H ED 320</u>	Contemporary Sexuality	3
<u>H ED 630</u>	Elementary School Health	3
<u>H ED 635</u>	Secondary School Health	1
<u>H ED 685</u>	Projects in the Teaching of Health Education	1-4
<u>H ED 699</u>	Independent Study	1-3

Holistic Health Studies Emphasis (12 units)

Units selected from the following on advisement:

Code	Title	Units
Select nine units of the following:		9
<u>HH 380</u>	Holistic Health: Western Perspectives	
<u>HH 381</u>	Holistic Health: Eastern Perspectives	
<u>HH 382</u>	Holistic Health: Human Nature and Global Perspectives	
<u>HH 383</u>	Chinese Perspectives in Holistic Health	
Select three units of the following on advisement:		3
<u>HH 200</u>	Holistic Approach to Academic Success	
<u>HH 205</u>	Relaxation and Stress Reduction	
<u>HH 210</u>	The Dao of Well-Being in Chinese Tradition	
<u>HH/H ED 290</u>		
<u>HH 420</u>	Qigong Body-Mind Energetics	
<u>HH 430</u>	Biofeedback: Mind-Body Connection and Self-Regulation	
<u>HH 435</u>	Autogenic Training and Embodied Living	
<u>HH 450</u>	Somatics: Body Awareness, Movement, and Well-being	
<u>HH 530</u>	Eastern Nutrition and Herbs	
<u>HH 535</u>	Western Nutrition and Herbs	
<u>HH 540</u>	Meditation and Imagery in Healing	
<u>HH 545</u>	Imagery and Healing in Tibetan Culture	
<u>HH 560</u>	Naturopathic Medicine and Personal Wellness	
<u>HH 650</u>	Anthroposophical Health Studies	

HH 660	Art as Healing
HH 670	Alternative Health Practices
HH 680	Holistic Health Internship Seminar
HH 690	Seminar: Psychophysiology of Healing
HH 699	Independent Study

General Education Requirements

Requirement	Course Level	Units	Area Designation
<u>Oral Communication</u>	LD	3	A1
<u>Written English Communication</u>	LD	3	A2
<u>Critical Thinking</u>	LD	3	A3
<u>Physical Science</u>	LD	3	B1
<u>Life Science</u>	LD	3	B2
<u>Lab Science</u>	LD	1	B3
<u>Mathematics/Quantitative Reasoning</u>	LD	3	B4
<u>Arts</u>	LD	3	C1
<u>Humanities</u>	LD	3	C2
<u>Arts or Humanities</u>	LD	3	C1 or C2
<u>Social Sciences</u>	LD	3	D1
<u>Social Sciences: US History</u>	LD	3	D2
<u>Social Sciences: US & CA Government</u>	LD	3	D3
<u>Lifelong Learning and Self-Development (LLD)</u>	LD	3	E
<u>Physical and/or Life Science</u>	UD	3	UD-B
<u>Arts and/or Humanities</u>	UD	3	UD-C
<u>Social Sciences</u>	UD	3	UD-D
SF State Studies			
Courses certified as meeting the SF State Studies requirements may be upper or lower division in General Education (GE), a major or minor, or an elective.			
<u>American Ethnic and Racial Minorities</u>	LD or UD	3	AERM
<u>Environmental Sustainability</u>	LD or UD	3	ES
<u>Global Perspectives</u>	LD or UD	3	GP
<u>Social Justice</u>	LD or UD	3	SJ

Note: LD = Lower-Division; UD = Upper-Division.

First-Time Student Roadmap (4 Year)

Find the correct roadmap (A, B, C, or D):

1. Select the row that matches your English Course choice for A2.*
2. Select the column that matches your QR Category (found at your student center under Math Alert).
3. Click the Roadmap that lines up with your row and column.

For example, if you are taking ENG 104 as your first English course and your student center math alert says you are QR Category III, you should choose Roadmap D.

Pathway	QR Cat I/II	QR Cat III/IV
ENG 114	<u>Roadmap A</u>	<u>Roadmap C</u>
ENG 104/ENG 105	<u>Roadmap B</u>	<u>Roadmap D</u>

*Composition for Multilingual Students: If taking ENG 209 as your first English course, choose the ENG 114 row. If taking ENG 204 for your first English course, choose the ENG 104/ENG 105 row.

Transfer Student Roadmap (2 Year)

For students with an AS-T in Public Health Science. [This roadmap opens in a new tab.](#)

This degree program is an approved pathway (“similar” major) for students earning the ADT in Public Health Science

California legislation SB 1440 (2009) mandated the creation of the Associate Degree for Transfer (ADT) to be awarded by the California Community Colleges. Two types of ADTs are awarded: Associate in Arts for Transfer (AA-T) and Associate in Science for Transfer (AS-T).

Note: no specific degree is required for admission as an upper-division student. However, the ADT includes specific guarantees related to admission and graduation and is designed to clarify the transfer process and strengthen lower-division preparation for the major.

An ADT totals 60 units and in most cases includes completion of all lower-division General Education requirements and at least 18 units in a specific major. (The Biology, Chemistry, and Environmental Science AS-T degrees defer 3 units in lower-division GE area C and 3 units in lower division GE area D until after transfer.) Students pursuing an ADT are guaranteed admission to the CSU if minimum eligibility requirements are met, though not necessarily to the CSU campus of primary choice.

Upon verification that the ADT has been awarded prior to matriculation at SF State, students are guaranteed B.A. or B.S. completion in 60 units if pursuing a “similar” major after transfer. Determinations about “similar” majors at SF State are made by faculty in the discipline.

Degree completion in 60 units cannot be guaranteed when a student simultaneously pursues an additional major, a minor, certificate, or credential.

A sample advising roadmap for students who have earned an ADT and continue in a “similar” major at SF State is available on the Roadmaps tab on the degree requirements page for the major. The roadmap displays:

- How many lower-division units required for the major have been completed upon entry based on the award of a specific ADT;
- Which lower-division requirements are considered complete upon entry based on the award of a specific ADT;

- How to complete the remaining 60 units for the degree in four semesters.

Students who have earned an ADT should seek advising in the major department during the first semester of attendance.

General Advising Information for Transfer Students

1. Before transfer, complete as many lower-division requirements or electives for this major as possible.
2. The following courses are not required for admission but are required for graduation. Students are strongly encouraged to complete these units before transfer; doing so will provide more flexibility in course selection after transfer.
 - a course in U.S. History
 - a course in U.S. & California Government

For information about satisfying the requirements described in (1) and (2) above at a California Community College (CCC), please visit <http://www.assist.org>. Check any geographically accessible CCCs; sometimes options include more than one college. Use ASSIST to determine:

- Which courses at a CCC satisfy any lower-division major requirements for this major;
- Which courses at a CCC satisfy CSU GE, US History, and US & CA Government.

Remedial courses are not transferable and do not apply to the minimum 60 units/90 quarters required for admission.

Additional units for courses that are repeated do not apply to the minimum 60 units required for upper-division transfer (for example, if a course was not passed on the first attempt or was taken to earn a better grade).

Before leaving the last California Community College of attendance, obtain a summary of completion of lower-division General Education units (IGETC or CSU GE Breadth). This is often referred to as a GE certification worksheet. SF State does not require delivery of this certification to Admissions, but students should retain this document for verifying degree progress after transfer.

Credit for Advanced Placement, International Baccalaureate, or College-Level Examination Program courses: AP/IB/CLEP credit is not automatically transferred from the previous institution. Units are transferred only when an official score report is delivered to SF State. Credit is based on the academic year during which exams were taken. Refer to the University Bulletin in effect during the year of AP/IB/CLEP examination(s) for details regarding the award of credit for AP/IB/CLEP.

Students pursuing majors in science, technology, engineering, and mathematics (STEM) disciplines often defer 6-9 units of lower-division general education in Areas C and D until after transfer to focus on preparation courses for the major. This advice does not apply to students pursuing associate degree completion before transfer.

Transferring From Institutions Other Than CCCs or CSUs

Review SF State's lower-division General Education requirements. Note that, as described below, the four basic skills courses required for admission meet A1, A2, A3, and B4 in the SF State GE pattern. Courses

that fulfill the remaining areas of SF State's lower-division GE pattern are available at most two-year and four-year colleges and universities.

Of the four required basic skills courses, a course in critical thinking (GE A3) may not be widely offered outside the CCC and CSU systems. Students should attempt to identify and take an appropriate course no later than the term of application to the CSU. To review more information about the A3 requirement, please visit <http://bulletin.sfsu.edu/undergraduate-education/general-education/lower-division/#AAEL>.

Waiting until after transfer to take a single course at SF State that meets both US and CA/local government requirements may be an appropriate option, particularly if transferring from outside of California.

All Students Must Meet the Transfer Eligibility Requirements Outlined Below for Admission.

For more information, visit the [Undergraduate Admissions section](#).

- Complete 60 or more transferable semester units or 90 or more quarter units
- Earn a college grade point average of 2.0 or better in all transferable courses. Non-local area residents may be held to a higher GPA standard.
- Be in good standing at the last college or university attended
- Complete 30-semester units (45-quarter units) of general education, including four basic skills courses:
 - a. One course in oral communication (same as CSU GE Area A1)
 - b. One course in written composition (same as CSU GE Area A2)
 - c. One course in critical thinking (same as CSU GE Area A3)
 - d. One course in mathematics or quantitative reasoning (same as CSU GE Area B4)
- The four basic skills courses and a minimum of 60 transferable semester units (90-quarter units) must be completed by the spring semester prior to fall admission, or by the fall semester prior to spring admission. Earn a "C-" or better grade in each basic skills course.